

## Claims

- [c1] **Bifidobacterium longum** having the following mycological characteristics:
  - (1) fermentative characteristics as to make a milk base medium to pH 4.6 or lower;
  - (2) survival rate of 50% or higher, after attaining pH 4.4 to 4.6 in a milk base medium, quenching and storing at 10°C for two weeks; and
  - (3) gastric juice tolerance as giving a survival rate of 10% or higher in the case of storing in artificial gastric juice of pH 3.0 at 37°C for two hours.
- [c2] **Bifidobacterium longum** according to claim 1, wherein a strain of the **Bifidobacterium longum** is **Bifidobacterium longum FERM BP-7787**.
- [c3] 3. Powder comprising **Bifidobacterium longum** of claim 1 or 2.
- [c4] Foods and beverages comprising **Bifidobacterium longum** of claim 1 or 2.